

# Culinary Arts Institue



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Nutrition is one of the most important factors in the achievement of good health. Good health does not only mean being free from disease. Good nutrition helps us look better, feel better, think better, work better, and live longer. Nutrition is the process of eating and using food. We need to understand the body's nutrient requirements, learn how to select foods that will fulfill those requirements, and develop good eating patterns

that provide pleasurable and healthful meals.

Unfortunately, our eating habits (the foods we eat, how we get them, and how we eat meals) are often careless. No longer do we eat at the set hours of eight, twelve, and six. Lifestyles have changed, and although many of us eat three meals a day, those meals may be rushed, and the in-between hours are filled with snacks. We may, in fact, eat six or seven "meals" a day, giving little thought to variety or nourishment.

Many people interested in good health are too often swayed by the words of self-styled food experts who guarantee us good health if we follow their special diets. No single food, method, or diet can fulfill the body's nutritional needs. Indeed, the effects of these diet fads are sometimes disastrous.

Our philosophy of good nutrition, endorsed by medical authorities, is simple: a variety of foods from common sources, eaten in moderation. Proper nourishment does not depend upon following a rigid dietary regimen--there is a wide world of foods and food combinations to choose from. This book will give you the know-how to plan,

作者介绍:

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